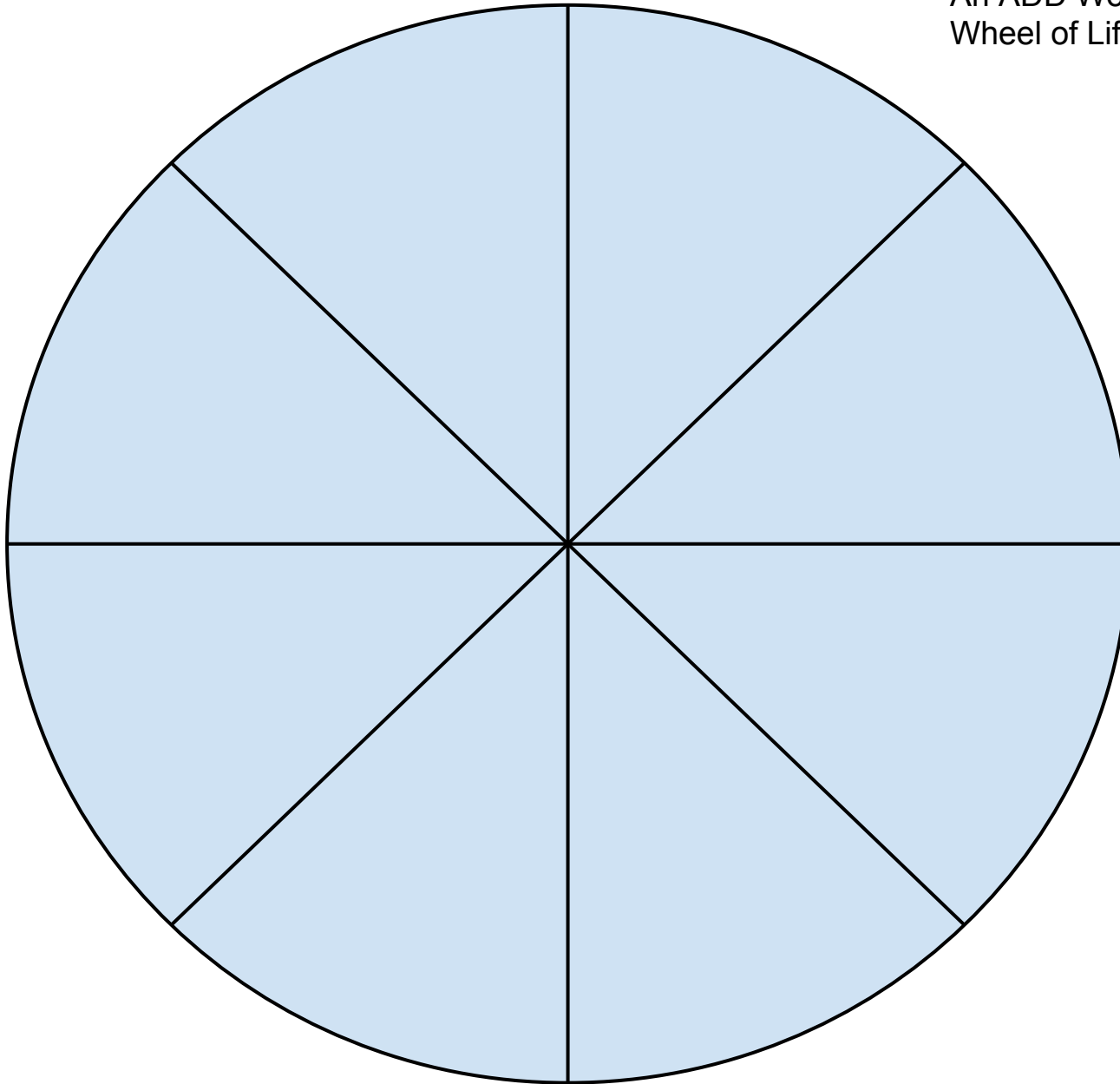


## An ADD Woman Wheel of Life



Label each slice with a part of your life: home, family, work, etc.

Draw a line showing how big each slice of pie is based on how satisfied you are with that part of your life.

Smaller slices are the ones that you need to work on.